
February 8, 2026

INTRODUCTION ACTIVITY:

When you hear the word/phrase “spiritual disciplines,” what feeling comes to you?

SCRIPTURE VERSES:

Acts 13:44-52; Philippians 4:4; 1 Peter 1:8-9; Romans 5:1-3; Acts 5; 1 Thessalonians 5:16

MEMORY VERSE:

“Rejoice always,” -1 Thessalonians 5:16

DISCUSSION QUESTIONS:

1. When was the last time you rejoiced in something? Like, physically rejoiced?
2. What types of things naturally draw you to rejoicing?
3. How would you describe rejoicing? What does it look like?
4. Rejoicing can be a Spiritual Discipline, something we choose to do, to practice. What would that look like?
5. How can we cultivate a heart that rejoices by prioritizing rejoicing as a spiritual discipline?
6. How are things like rejoicing, humility, thankfulness, and gratitude connected?

Questions to Ask When Reading the Bible

Sometimes when we read a passage in the Bible it can be confusing or we may not know how to best figure out what it is saying. Below are some good questions to ask when reading the Bible to help make the Bible make sense.

What stands out to me?

Note that this does not say “What does this passage mean?” Consider what stood out to you? What did you notice? What did the Holy Spirit highlight for you as you read it?

What does the text say about the character/nature of God

The Scriptures are primarily about God so ask first what the text says about Him before moving to what it says about us, about His plan, or about anything else.

What does the text say?

Look at what the text literally says first (this may not be the intent of the text but it is important to look at it as read... at least initially).

How is it saying it?

What is the genre of the text and how should we read text in that genre?

Why does it say it that way?

Speculate about why the author chose this method of saying what they've said.

What is it trying to say?

Getting behind the Scripture, looking at its context, its original audience, its author, etc., what is the text trying to get across to the reader (both the original audience and us today?)

How does this fit into the whole of the book and the whole of Scripture?

Looking at the whole book, does what is being said jive with the whole book, with the whole of Scripture?

What questions do I have?

Do you have questions about the text? If they aren't answered in the text, are they good questions or are we asking questions that the text isn't meant to answer?

How do I feel about this teaching/text? Why do I feel that way?

What does your gut say? Are you frustrated with it? Are you trying to make it say something else than what it says? Does it make you uncomfortable? Where are these feelings coming from? Is there sin in my life I need to repent of?

What is the universal application of this text/teaching?

What are we to do with this text? Consider the original audience as well as us today.

What is my personal application?

What is God calling you to apply with what you've learned with this text?

How will I apply what it calls me to?

Make a plan to apply what God has taught you. Seek to be faithful and obedient to His leading, wherever it may go.